

Forward Joy

Homestead Eight Mile

Mike Zurzora Interview

INSIDE

NEWSLETTER OF THE FORT WAYNE TRACK CLUB

# the inside track

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TRACK CLUB



FEBRUARY, 1981



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Don Goldner striding out during a chilly winter run.



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# EDITOR'S NEWS

## 2 VIEWS

"February is the worst month of the year!" These words were spoken several years ago on a cold, gloomy February evening by a fellow student and friend of mine at the University of Notre Dame. He proceeded to relate the reasoning behind his depressing pronouncement. "The excitement of the holidays is over and good weather and Spring vacation are still too far away to even think about." I have since then, during many a February day, felt the same as my wise friend must have felt that night.

Sports is a microcosm of life, or so they tell us. I think in many instances this is true as it is in this particular case. For runners, February is the worst month of the year. The excitement of Autumn races is over. There are no big races to motivate one's training. The roads are "snow covered, slick and hazardous". It is cold. It is dark. The important spring races seem so far away. February is, as a famous writer once wrote, "the dark night of the soul".

But yet, those Spring races are not all that far away. The Boston Marathon is only ten weeks away. The local Diet Pepsi race is only nine weeks away, with the North American Van Lines 15 KM only 12 weeks in the future. Before that we have several other Fort Wayne Track Club points races. The time to train is now. Intellectually, we understand this, but physically and spiritually our system rebels. Guilt feelings further blackening the dark night of the soul. Suspicions that motivations may have been permanently stamped out in that last Fall marathon.

What does one do in such a time of depression? One starts by taking a hard look at one's running priorities (see Charles Brandt's article elsewhere in this issue). One asks one's self what it is that one enjoys in running. Are the benefits worth the sacrifice? What is the "opportunity cost" of running, that is, what opportunities is running time causing me to miss? I used to love playing tennis but haven't played for over three years due to the number of hours I've spent running. An opportunity cost of running. Is it worth it? Marty Liquori in the February, 1981, issue of "The Runner" discusses elements that one needs to consider when making the decision to be a "serious" runner. If elements such as oxygen uptake and percentage of slow twitch versus fast twitch muscle fibers aren't favorable, can one justify the time and opportunity cost spent being a serious runner?

February, in all its cold and gloominess, is a good time to think about such questions. Having just returned from a mediocre semi-competitive, semi-tun run eight mile race feeling totally relaxed and at peace with myself, it is difficult to argue against running. The essential question

remains. Should that running be relaxed, take it as it comes, fun running, or serious, sometimes stressful competitive running? Look on the bright side - it's only four weeks until March. Better yet, it's only two weeks until the FWTC Awards Banquet and all those good desserts not to mention the companionship of fellow runners. And isn't that companionship by itself enough to brighten the darkness of those February runs? Bon Appetit and ...

Have a good run!

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FOUND: Men's Timex watch at Homestead Eight Mile on January 18, 1981. Contact Rick Reitzug, 219-424-8091.

WOODY BARKER - RACE RESULTS

America's Marathon - Chicago - 9-28-80  
3:03:04 Overall - 336 30/40-44  
Columbus Bank One Marathon - 11-16-80  
3:09:03 Overall - 356 48/40-44

This pamphlet was printed as a learning experience by the Graphic Arts students at Harding High School.

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# PRESIDENT'S COLUMN

## Winter Awards Banquet

This time of year is an extremely tough one for anyone who is serious about their running. A 20 or 30% reduction in mileage is not unusual and injuries caused by slippery, rutted surfaces are magnified by the cold. Yet it's a peaceful time and some of the long, cold runs can be used to plan for the coming Spring. Yes Spring! By the time this reaches you we will have only about 45 days until running conditions become tolerable. So don't give up! And how about joining us on the 15th of February for our annual awards banquet. Hal Higdon will be speaking and I'm sure he will have some tips to help you out this Spring. It looks like we will have sufficient room, but be sure to get your reservation (see January "Inside Track") to Don Goldner anyway.

## Uniforms

The uniform committee has chosen Adidas shorts and singlets for the new FWTC uniforms. We will go with the red Adidas shorts with white striping and any red and white Adidas singlet. Several styles of tops are available for male and female runners. Adidas has good quality control and their uniforms are readily available at most retail running outlets. Essentially, the Executive Board is getting out of the uniform business and is leaving their purchase to the individual member within the above mentioned guidelines. Wayne Krieger will silkscreen the FWTC logo onto your singlet. You can contact him at: Krieger Enterprises  
Route 5  
Columbia City, IN 46225  
219-248-8626

Cost for silkscreening is \$1.00 per shirt. Don't worry if you have one of our current Dolphin uniforms. They are still to be worn and I plan on putting a lot of miles on mine. By the way, the uniform committee received absolutely zero suggestions on what uniforms to go to, so we did what we thought best. Hope you agree.

## Woman's Running

A meeting of women who are interested in running took place on January 25th. There will be, I'm sure, an article on it in next month's issue. I'm really excited and happy to see the women getting together. My sincere hope is that more and more women will discover how great distance running can be for the individual. Our club will support this group in any way that we can.

## Speakers Available

If any of you know of a group interested in hearing about the benefits of running and the FWTC, please let me know.

MEMBER FDIC

LINCOLN NATIONAL BANK &amp; TRUST COMPANY

# LINCOLN NATIONAL BANK



The date of the 1981 Lincoln 10,000 has been changed from October 18th to October 25th. Please note this on your 1981 FWTC Race Schedule published in the December issue of THE INSIDE TRACK.

LINCOLN 10,000 DATE CHANGED

Mike

Just for your information, we have gotten big enough that Rick Reitzig, Tom Loucks and myself are all shooting pictures for "The Inside Track". Film costs are going up, so we have taken some steps to cut costs. We will be buying bulk film and rolling our own from now on. This will give us a considerable savings over store prices. Secondly, I am going to start developing and contact printing the film. Sometimes I wonder where the time is all going to come from, but at least it's a good cause! Once we start developing our own film, we will accomplish two things: first, we will cut our costs for processing from up to \$12 per roll to one or two dollars; secondly, we can get the film processed the same day.

Keep your enthusiasm up and see you at the races (and the banquet).

Roll Your Own

Take a close look this year at the type and class of race that the track club is involved with this year. They are bigger better and nicely sponsored. There are a lot of people involved, but one mainly responsible for the quality of schedule we have this year. I'm speaking, of course, of Charlie Brandt. Taking charge of the schedule is one of the hardest, most essential jobs in the club. Please let Charlie know what you think of his hard work. I personally think he is one of the finest people I have met in the club. Thanks, Charlie!

Racing Schedule

One of the officers, board members or others will be glad to speak to any group.

All the runs were the same except for one. We had a free day and decided to run on the beach. Not having a car, we put on running clothes and hopped on a bus that would take us to Santa Monica (the beach), 18 miles away. The bus drivers were different than at home. They go a million miles an hour and stop that fast, too. I held on for dear life along with the little old ladies. I did not enjoy riding that bus at all and I was glad when we got off. A fellow behind us on the bus and we were four miles from the beach so we left the bus and decided to run the rest of the way. It was hot, 85 degrees, a big change from the cold weather we had just left. We were running along a very busy road that ran from Los Angeles to Santa Monica so there were a lot of stop lights. We had to stop for the lights quite a few times which was a pain. We ran past Rodea Drive which has many exclusive stores which require an appointment to shop at. Los Angeles is a big town and has many sights to see. Palm trees were everywhere. Before, I had only seen them in movies.

Every run was exciting being in a new town and seeing the mountains off on the horizon. We ran on three occasions while there. We ran through one area where there were many beautiful homes which might have been part of Beverly Hills. The gardeners were out taking care of the yards. You can tell how well off those people were. The only negative thing there was when a little dog about two inches high chased us.

We stayed at the Hyatt Wilshire. After we got unpacked, we dressed in shorts and shirts and headed out. It was fairly hot. Los Angeles is beautiful with the palm trees and Spanish accent homes and apartments. What a thrill running in so little after wearing sweats in Fort Wayne.

It was 74 degrees when we got to the Los Angeles Airport. It seemed so warm in comparison to eight degrees in Fort Wayne but the Californians thought it was very cold and all wore sweaters and jackets.

My husband, Tony, and I had the opportunity to go to California for the Rose Bowl Tour a few weeks ago. It was eight degrees as we were leaving Fort Wayne so we wore coats to the airport. We flew to Denver which at 46 degrees was really nice and then on to Los Angeles and even warmer weather.

RUNNING IN CALIFORNIA

By Cindy Ventrella

WORDS FOR WOMEN

## Sunny and mild with a chance of running

The sun was shining, the sky was blue, the air was crisp, and the roads were clear. It was a perfect winter's day for running. Phil Suelzer and Tom Loucks were engaged in their usual pre-race banter over who would rule the roost for the day. As for the rest of the runners, more than not entertained the thoughts of hard training runs rather than competitive blasts. But Phil, Tom, and several other runners were estined to shine stars that had become slightly tarnished in winter's road slush and salt.

Phil, a week of Florida sun and beach running under his soles, burst from the line threatening to break the race open in the first mile. Tom Loucks, Gary Dexheimer, Tim Bowman, and half a dozen others dragged behind, seemingly undecided as whether to run or go back and sit down by the finish line waiting for Phil to finish. After a slowish 2:59 first half-mile with Phil leading by 20 yards, Tom kicked the doldrums and gave chase. He and Phil than ran even until the six and a half mile mark. At this point Phil surged and opened up a 10 yard lead on Tom, only to have Tom pull even going up the final hill a 3/4 mile from the finish. Running down the last flat half mile, Tom opened it up to beat Phil by four seconds in 44:32. Phil, while placing second overall, won the 25-29 division with his 44:36.

Throughout most of the race, Gary Dexheimer was in contention, running a short distance behind the two leaders. Gary, however, was never able to mount that one sustaining drive which would have pulled him even with Phil and Tom and finished in 44:53, winning the 30-39 division.

The women's race was highlighted by an impressive and convincing victory by up and coming Theresa Ehrman. Theresa, who has been running only for one and a half years, bested Cindy Goller by four and a half minutes, 55:41 to 59:15.

Other age divisions were won by: Tom Mills, 14-under, 51:15; Mark Herndon, 15-19, 45:59; Don Lindley, 35-39, 51:30; Charles Brandt, 40-44, 48:29; Chris Stauffer, 45-49, 50:33; and Myron Meyer, 50-59, 49:49. Other women's division winners were: Karen Fothergill, 19-under; 70:21; and Ann Jamison, 30-39, 62:54.

Complete results and salient post-race comments from several of the front runners follow.

Rick: Tom, you just won our January points race, 8 miler, what was your time?

Tom: They had up there 44:32.

Rick: What importance did this race have for you? Did you go for this as a more or less easy relaxed training run?



Tom: I wanted to win it; I thought I could. There was no pressure on me and I think that makes you run a little easier. It was just a fun run.

Rick: Are you encouraged by this effort?

Tom: I was when I started out, I hurt a little bit right now, but yes, I think so.

Rick: When you say you hurt a little bit right now, what is it? Your legs?

Tom: Yes, my knee starting really hurting about five miles and I seriously thought about quitting. That's gone away now. My ankle has been hurting the last couple of days and that is really sore right now.

Rick: You ran together with Phil Suelzer for most of the race. What was going through your mind at different stages during the race? Did you feel confident that you could whip Phil the whole way or did you have any doubts?

Tom: The first five miles until my knee started hurting, I was confident. I thought I would stay with him until the last mile. I thought I was in better shape than he is. He took off right when my knee started hurting. He didn't know about it. He went down a hill really fast and thought he could get away from me. He just about did, cause I couldn't go down that hill. I was thinking right there, 'God, he's going to take this and I'm going to pull off and quit'. I finally caught up with him going up hill and about a mile and a half to go I thought 'at least I'm even with him and I will try to stay with him, I don't think he has got that much left either, I know there is an up hill, I don't have that much problem going up hill, and I will just try to stay even with him'. I did until just about 1/4 mile to go and then I just got down and took right off. He was running out of gas and I think that helped an awful lot. I could really hear him breathing.

Rick: What are you looking forward to this year? You are obviously in decent shape right now and it's only the middle of January. Are you hoping to improve quite a bit during the summer or what is your goal for the year?

Tom: Oh, finishing Three Rivers, running every day this year, set PR's at every distance.

Rick: Around the two mile marker there were several people who were fairly close to Phil and you. Was the threat of Reitzug coming up and passing you every in your mind?

Tom: I don't recall ever thinking about that!

Rick: I didn't think so. Thank you, Tom.

---

Rick: Tell me, Phil, how did the race shape up between you and Tom in the last two or three miles?

Phil Suelzer: I was running with him at four miles and felt like puking but then after we turned around he slowed down a little bit and I kept with him. At the 5-1/2 mile mark I tried to break away. I got 10 to 15 yards on him and became very encouraged. Going over this him I gained another five yards and then at the six mile mark going up a big hill, he caught me. I was deflated.

Rick: After he caught you, did he merely beat you or did he destroy you?

Phil: No, no, no, let's set the record straight. I did run with him up the last big hill and went into complete oxygen debt with 1/2 mile to go and then at the quarter mile mark, he more or less stopped playing games and moved away smoothly.

Rick: By how much did he beat you?

Phil: Thirty yards.

Rick: Are you encouraged by this race?

Phil: I would say that Tom Loucks will be the only one to give me any competition this year in the FWTC.

Rick: Well, that remains to be seen.

*Advertisers in "The Inside Track" will contribute approximately 30% to the operating expenses of the FWTC during 1981.*

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Rick: This is quite a significant improvement that you have made in the year and a half. My congratulations to you.

Theresa: About 1-1/2 years.

Rick: How long have you been running?

Theresa: Take it slow. Don't push yourself too hard.

Rick: Do you have any advice for women runners just starting out?

Theresa: I would like to run a marathon in two years.

Rick: What are your goals and plans for the future? As far as running goes. Do you hope to run a marathon or do you hope to just improve your times for shorter distances? Do you want to be the top female runner in the State of Indiana, or what is your goal right now?

Theresa: Now I do, yes.

Rick: Do you run every day?

Theresa: Yes, we went to Florida over Christmas and we ran a lot. I have been running about 5 to 7 miles a day.

Rick: Have you been putting in fairly intensive training?

Theresa: No, not at all. I have a lot of work to do.

Rick: This seems to put you in the driver's seat for the women's division in the FWT. How do you feel about that? Is your head swelling yet?

Theresa Ehrman: OK

Rick: Theresa, how do you feel after the race?



HOMESTEAD EIGHT MILE

January 18, 1981

Sunny, Clear, Moderate winds, 35 temp.

MEN

<u>14-under</u>	<u>OVERALL</u>	<u>40-44</u>	
1. Tom Mills	23 51:15	1. Charles Brandt	9 48:29
2. Mike Kolb	68 61:35	2. Joe Barile	11 48:57
3. Bobby Wiersma	86 70:19	3. Woody Barker	30 51:49
4. Scott Hungerford	96 76:47	4. Larry Averbeck	32 52:37
		5. Rich Meyer	55 57:51
		6. Don Frey	57 58:43
		7. Lynn Milner	60 59:39
		8. Bob Harter	62 59:52
		9. John Rasmussen	63 59:54
		10. Jay Pelkington	72 62:43
		11. Joe Brooks	75 63:27
		12. Lyle Young	90 72:07
<u>15-19</u>			
1. Mark Herndon	4 45:59		
2. Kenny Williams	15 49:47		
3. Dave Milner	19 50:36		
4. Brad Reinking	22 51:07		
5. Mark Mendez	33 52:46		
<u>20-24</u>			
1. Tom Loucks	1 44:32		
2. Jerry Williams Jr.	7 47:04		
3. Tim Bowman	12 49:15		
4. Bob Jonason	70 62:02		
<u>25-29</u>			
1. Phil Suelzer	2 44:36		
2. Rick Reitzug	5 46:28		
3. John Kline	8 48:09		
4. John Treleaven	13 49:24		
5. Robin C. Hartzell	20 50:39		
6. James Hoffman	27 51:36		
7. Pat Hermann	42 55:24		
8. Tom Donelson	69 61:58		
9. A. Leihin	76 64:00		
10. R. Lavine	84 68:12		
<u>30-34</u>			
1. Gary Dexheimer	3 44:53		
2. Steve Foster	6 46:44		
3. Dennis Kroells	10 48:34		
4. John Schwarze	14 49:43		
5. Robert McKinley	17 50:20		
6. Mike Robbins	25 51:24		
7. Bob Nunley	29 51:47		
8. Mike Zurzulo	31 52:32		
9. Dave Fairchild	35 52:55		
10. Phil Wisniewski	36 53:36		
11. Mike Novosad	40 54:17		
12. Steve Weiss	41 54:34		
13. Phil Shafer	46 55:45		
14. Tim Bolin	52 56:50		
15. Tom Cavacini	54 57:30		
16. Robert Wiersma	77 64:11		
<u>35-39</u>			
1. Don Lindley	26 51:30		
2. Dave Waldrop	37 53:55		
3. Steve Adkinson	38 54:08		
4. Ron Motycka	43 55:34		
5. Barrie Peterson	44 55:40		
6. Fred Ross	48 56:01		
7. Ed Ropp	49 56:06		
8. Tom Clagg	50 56:11		
9. Ron Habegger	59 59:19		
10. Tom Mangette	67 61:45		
11. Don Noland	73 62:44		
12. Pat Harris	88 70:38		
		<u>45-49</u>	
		1. Chris Stauffer	18 50:33
		2. Bill Schmidt	21 50:45
		3. Dick Clevenger	28 51:40
		4. Dave Wilson	34 52:49
		5. Joe Ziegler	39 54:14
		6. Don Goldner	51 56:41
		7. Herb Chandler	53 57:00
		8. Terry Gautsch	56 57:55
		9. Larry O'Herron	66 61:14
		10. Rudi Florreich	79 66:01
		11. Curt Nold	80 66:19
		12. Bob Schweppe	92 73:15
		13. Ross Mayer	94 74:34
		<u>50-59</u>	
		1. Myron Meyer	16 49:49
		2. Vern Chovan	61 59:52
		3. J.P. Jones	78 65:59
		4. Edgar Strause	85 68:50
		5. Roger Phillips	89 71:28
		6. Alfred Moore	91 72:53
		<u>60-over</u>	
		1. Al Gumbert	83 67:51
		<u>WOMEN</u>	
		<u>19-under</u>	
		1. Karen Fothergill	87 70:21
		<u>20-29</u>	
		1. Theresa Ehrman	45 55:41
		2. Cindy Goller	58 59:15
		3. Phyllis Suelzer	65 60:50
		4. Betty Jackson	81 66:31
		5. Sabine Florreich	82 67:05
		<u>30-39</u>	
		1. Ann Jamison	74 62:54
		2. Sharon Wiesma	93 73:24
		3. Ann Mize	98 79:11
		<u>40-over</u>	
		1. Joan Goldner	71 62:31
		2. Julia Wilson	95 76:33
		3. Theresa Machlan	99 79:15

## Learning from the past

By Charles Brandt

When I began running at age 36, I was an out-of-shape 230 pound dssssister. My body reflected the years of neglect, with all their additives, and too many other indulgences to remember. When these overt acts of self-annihilation were not at work, there were covert atrocities taking place in my mind and soul. My body and mind were a cesspool of poisons and destructive attitudes. Outwardly I had all the trappings of a wildly successful middle class business man. There were a wife, three children, one house, two cars, and a promising career. It was an easy job to convince myself that success in my career would bring happiness and contentment; in fact, there were an unlimited number of illusions that could be pursued. Unfortunately, after each goal was reached I would discover how shallow and unimportant my quest had been. When a person's life is centered around material objects and the approval of others, there will be only anxiety and disappointment. I needed to make some changes, so in the summer of 1975 and not die prematurely of heart disease as my father had done at the age of 58. Everybody has to have goals or at least that's what everybody always says. It was really tough at first. I got a first hand knowledge of pain, but one must attain their goals if it is going to be successful; so I persevered and before six months had passed I was once again skinnny, in shape, and not dead. Using irrefutable logic and the old "Brandt Maxim" which states that if a given activity is enjoyable, you may double your pleasure by doubling the amount of the activity; I began running more and more miles. This theory has always been one of my favorites and why not apply it to running. Coupled with this wisdom were all the interesting articles that I was reading in Runner's World. I learned that running cured coronary heart disease, diabetes, headaches, backaches, mental illness, and just about any corner. Not only would Perfect Health be mine, but running would irradicate all my emotional problems too. Armed with this knowledge and wisdom, I began the metamorphosis from happy jogger to a serious-minded runner. As a runner, I was pretty good but as a coach I was a miserable failure. George Sheehan points out that a person will make the same mistakes in running that he or she does in life. Fast race times, enjoyable training runs, exhilarating internal workouts, and beautiful twenty miles on the weekends in the country could all be had. I would run long and I would run hard. Just a little more speed or a little more distance would bring me the trophies and recognition that I craved. Unfortunately, there was rapid improvement in my race times, which is normal in the first year or two of running. I began to develop the same patterns in my running that I had done in life. My goals became unreasonable and when I was faced with not being able to reach these goals, my answer was more mileage and more speed. Just about any dumb-skill could have figured out what this type of training was going to lead to, just about any

219-744-5656

4220 SOUTH CLINTON STREET  
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It seems all very clear to me now. I can see that I wanted and expected too much too soon. I was looking for answers and I expected running to provide them for me. Running can be a very destructive influence on your life. From the many conversations that I have had with runners, there seems to be much too many problems caused by running. The blame, of course, does not belong with running; but with our pride and ego. It's very hard to be objective when you are looking at yourself, but it is necessary. If your running is not going well, if you are sick and injured too often, if you are depressed and discouraged with your race performances; then you do not need to see a doctor or podiatrist. You must stop and reevaluate what you have been doing and be ready to make changes. Running has jarred many of us from an unhealthy and sedentary life into a new era of exercise and general health consciousness. It is sad that many of us will not obey common sense and drive ourselves to the point of exhaustion and sickness. I have established some new guidelines for my running. In general, I am trying to keep in mind that running for me is going to be a lifelong activity. If it feels good to take a day off, I will. If the pace feels too fast, I will slow down. Races will always be one measure of my fitness, however, I will try to pace myself intelligently according to my conditioning level, the course, the weather conditions. I have put aside many of my ambitions and will settle for what I can get. Running more than anything else gives me a sense of freedom and well being. I would like to enjoy that feeling for the rest of my life, so I may have to sacrifice some of my short term ambitions. There will be mistakes made in the future but they will not be caused by pride and reckless ambition. Easy does it would be the byword for my new attitude. I would sincerely recommend that all runners make sure they are enjoying what they are doing. If they are not, then they owe themselves another look at what they are doing.

numb-skull, but me! So instead of good physical and mental health, all I had was one cold after another and depression. What had started out as so much fun was now causing me frustration, worry, and sickness. I could observe and listen to my friends' problems with running and tell them what they were doing wrong. It always seemed so easy to dispense good advice to other people. With other people it was easy to stand back and see things clearly without wishful thinking or pride interfering.

Final standings

These are the final point standings for the 1980 race calendar. All those people listed have run at least four points races which were necessary to count in the final point standings. All those listed in the top ten in each age group will receive a plaque with gift certificates to the winner in each age group. Mistakes can be made and I have received several calls and corrections have been made. The first 1981 points race has been held, 8 mile at Homestead and a listing of points races was included in the December issue of THE INSIDE TRACK. This year a MINIMUM OF 6 POINTS RACES will be needed to be included in the final point standings, although a quarterly list of standings will be published regardless of the number of races run. Men's divisions, 20-29, 30-39, 40-49, have been broken down for the 1981 year to five year categories and will be issued as such. Awards will be given at the FWTC banquet on February 13th and those receiving an award will receive special recognition that night, so come on out!

14-under MEN Races Place Rating

J. Ziegler	5	3.00	.600
J. Ziegler	10	5.30	.530
J. Morris	5	2.80	.560
C. Stauffer	7	5.43	.776
D. Goldner	8	6.63	.828
W. Barker	4	4.25	1.062
L.O. Herron	6	9.33	1.556
H. Chandler	5	8.00	1.600

15-19 V. Quinones Races Place Rating

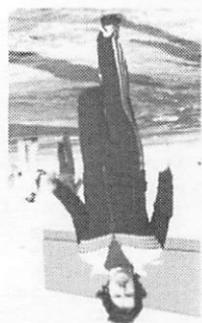
T. Locks	9	2.33	.259
P. Suetzer	8	2.38	.297
R. Reitzug	7	2.86	.408
M. Meyer	50-59	.611	.408
M. Kast	8	7.75	.968
G. Tomlinson	8	1.20	.968
J.P. Jones	6	7.83	1.305
R. Phillips	5	11.60	2.320
V. Chovan	4	4.25	1.061
A. Moore	4	5.75	1.437

20-29 T. Locks Races Place Rating

G. Dexheimer	8	1.75	.219
S. Foster	8	2.13	.266
P. Lockwood	4	1.50	.375
WOMEN	19-under	.375	.375
A. Ojeda	8	3.25	.406
B. Jackson	7.50	.750	.750
D. Lindley	8	7.13	.891
R. McKinley	9	10.56	1.173
A. Oregon	20-29	1.187	1.173
C. Goller	7	1.76	1.187
C. Ventrella	5	2.00	1.520
D. Kroells	5	2.00	1.640
T. Mundingger	5	2.00	1.640
T. Ehrman	4	3.50	1.960
D. Hamaford	5	9.80	1.960
M. Hill	4	11.25	2.813
M. Hill	4	11.25	2.813

40-49 C. Brandt Races Place Rating

B. Schmidt	6	2.00	.333
J. Barile	7	1.86	.265
C. Brandt	8	1.63	.203
J. Wilson	5	3.00	.600



An interview with  
mike zurzolo

Mike Zurzolo is a 32 year old Fort Wayne Track Club member who has been running competitively for a year and a half. Mike has an eye disease that while permitting him a reasonable amount of peripheral vision makes it impossible for him to see more than several feet in front of him. Mike thus faces a challenge everytime he goes out to run that would make many people give up running without a second thought. That Mike continues in the face of this adversity is a tribute to his courage and is in keeping with the philosophy of so many distance runners, that is, of being the best human they can be. That Mike matter of factly dismisses his eye problems as no big deal is even more courageous. That to Mike it is no big deal is truly noble. I recently had the opportunity to talk to Mike about his running and his life. Following is a transcript of that conversation.

Rick: Mike, how did you do in the eight mile race? What was your time?

Mike: I was 31st. Time, about 52:25.

Rick: Is that a good effort for you?

Mike: Yeh, pretty good.

Rick: How has your training been going lately? I know you ran Columbus.

Mike: I hurt my knees running inside the YMCA track and laid off a little bit. I have been running about 35-40 miles a week.

Rick: Is that about your average? About 35-40 miles generally throughout the year?

Mike: Yes, in the winter time I run inside at the YMCA and I don't get much outside running and conditioning so I usually run 70 miles a week for four or five weeks before a marathon.

Rick: What was your time in Columbus? You did finish the race.

Mike: 3:19:22, something like that.

Rick: Was that a PR for you?

Mike: Yes.

Rick: How did you get started in running, Mike?

Mike: I started when I was working at the YMCA. A guy came in, Gene Whittaker, and teased me about running. He told me I couldn't run a mile. I said, "Oh, I can run a mile, seven minutes easily." So I went on the track and ran 22 laps which is five laps short of a mile, and I quit. So I started running with Gene, and with Wendell Adams who runs at the Y. I just started jogging and the more you do, the more you want to do.

Rick: It's a self-motivating kind of thing.

Mike: I would say Gene Whittaker started me running and I train quite a bit with Wendell Adams for the long distance stuff.

Rick: How long ago was it that you started?

- Mike: I didn't start racing till last year. Up till then I was just a three to four mile a day jogger. I never tried for any times. I run according to who I follow in a race as I can't see well so I try to hold in there. My hardest problem is not going the wrong way at the finish line.
- Rick: You mention the problem of not seeing well. How bad is your sight? How much can you see? How much can't you see? Can you run comfortably by yourself?
- Mike: I can run comfortably by myself. I can see out the sides of my eyes as well as anybody else. It's just the straight ahead vision. In a race if I'm not by somebody I can't see 50 or 100 yards ahead and I tend to go the wrong way, so I try to hang in with somebody. I can see all around pretty well with my periphery vision so I'm pretty well coordinated and don't have to worry about ruts and stuff. It just mainly depends on the darkness at night and the brightness of the sun. Otherwise, I don't have any excuses.
- Rick: Is that some kind of eye disease or is it something that you were born with?
- Mike: It's retinitis pigmentosa from birth. I think it's hereditary back on my father's side. It's stabilized. It's probably, I hope, as bad as it's going to get. So I just have to live with it.
- Rick: Does it present any significant problems as far as training goes? I've seen you training in the summer with someone else. Is that an easier way for you to train?
- Mike: If I were to run by myself I could probably run through town pretty well, but I have a course around my house that I run. Yes, I try to run with somebody. The only thing that hurts me is pushing myself out the door to do it.
- Rick: The same as the rest of us.
- Mike: You can make yourself as good as you want.
- Rick: How old are you, Mike, and where do you work?
- Mike: I'm 32, and I work for myself. I own apartments. I'm like a landlord.  
I've been into that about ten years. I've worked up to having about 32 or 34 apartments.
- Rick: Is that right?
- Mike: I could have more but I don't want to get into rough neighborhoods.
- Rick: What do you have mostly, apartment complexes, or duplexes, and stuff like that?
- Mike: Houses with apartments in them. I try to get as many as I can. I have some sold on contracts. That's basically what I do.
- Rick: Do you do the maintenance work on them?
- Mike: I do some of it. When it comes to the electrical and the plumbing, I don't. I've got people that help me.

(Continued on Page 24)



VALENTINES DAY SPECIAL

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Closed Monday

### GOOD LUCK BUDDY

Mike Novosad

I recall the day we reached Kekionga Shores and the following day when we ran around it. I thought running those 4.4 miles on a warm summer evening was impossible but Steve said we had to do it. We needed the miles to complete the Lincoln! Subsequently we made a number of similar runs and all made me feel about as terrible.

Finally the Lincoln 10,000 day arrived and we were ready - excited, nervous, anxious, and a little frightened. I remember the last mile of that race, over 2-1/2 years ago, promising myself I would never run another but proud of my finish in slightly over 60 minutes. Steve wasn't much better.

There have been many more races since that first Lincoln and Steve and I have become a bit lighter, a little stronger, and somewhat faster. Our practice runs even include an interval once in awhile and a ten mile run, though not common for me, is easily handled. The Lincoln 10,000 was the pinnacle of our racing season this year and we both achieved a personal record with Steve breaking the formidable 40 minute barrier. For one who is over 185 pounds and looks more like a football tackle than a runner this was no slight achievement.

Sometime ago we joined the FWTC and have met many wonderful people and made some great friends. Racing has become an important part of our lives but we still look forward to our weekly runs where I do most of the talking and Steve does the listening. We have even had ludicrous discussions about running the Fort Wayne Marathon in July. Knowing Steve, he would make sure I was prepared. We would give it all we have - we know no other way.

Recently Steve accepted a promotion to a fabulous area - Portland, Oregon. I am pleased and excited for him to have the opportunity to further his career and am sure he will be very successful. At the same time, I am sad to lose such a good friend. My running will never be quite the same.

Good Luck Buddy!

FOURTH ANNUAL  
AULD LANG SYNE FIVE MILE

December 31, 1980 - 11:45 p.m.

Slippery, Snow covered blacktop, - 33°

OVERALL WINNERS: Greg Orman - 26:23  
Betty Hite - 33:55

Runners participated from: Ohio, California, Montana,  
Vermont.

\* - age group winners

1	Greg Orman	26:23	49	John Hoffer	36:17
2	Dexter Lehman	27:06	50	Bill Halte	36:22
3	Phil Hostetler	27:20	51	Rich Fairfield	36:28
4	Tom Loucks	27:55	52	Mike Vance	36:45
5	Peter Reist	28:12	53	Murtaza Karim	36:54
6	Craig Schwartz	28:30	54	Barry Webb	36:59
7	Don Winant	29:12	55	Vern Chovan	37:14
8	David Schmidt(30) *	29:26	56	Herb Chandler	37:34
9	Rick Harkenrider(18) *	29:31	57	Randy Patten	37:38
10	Jerry Williams Jr.	29:36	58	Simeon Hains	37:42
11	Kyle Strode	29:41	59	Rich Holler(14) *	38:08
12	Steve Foster	29:43	60	Jim McGowin	38:19
13	Tim Grant	30:10	61	Jim Anderson	38:20
14	Tren Alexander	30:12	62	Dennis DeMeritt	38:28
15	Steve Gradless	30:20	63	Larry O'Herron	38:37
16	Alexander Kyle	30:43	64	Mike Kolb	39:03
17	Mark Klinger	30:44	65	Terry Parker	39:21
18	Joe Barile(43) *	30:49	66	Allen Grinsfelder	39:41
19	Myron Meyer(53) *	30:54	67	B.W. Monroe	39:54
20	Kenny Williams	31:13	68	William Young	40:06
21	Joe Ahmad	31:23	69	Tim Thomson	40:09
22	John Ahmad	31:24	70	Jerry Ziegler	40:21
23	John Kline	31:28	71	Larry Ahlersmeyer	40:28
24	Dennis Kroells	31:36	72	Dick Sive	41:14
25	Bill Schmidt(46) *	31:43	73	Dave Renner	42:33
26	Pat Youles	31:55	74	Kevin Kolb	42:56
27	John Schwarze	31:57	75	Ashley Miller	43:28.1
28	Tim Bowman	32:02	76	Kent Davis	43:28.8
29	Michael Spade	32:12	77	Keith DeMeritt	43:32
30	Dick Miller	32:21	78	David Sorrick	43:48
31	Mike Hill(39) *	32:33	79	Roger Phillips	43:54
32	Don Lindley	32:42	80	Larry Linson	44:27
33	Robert McKinley	32:44	81	Neal Heurung	44:30
34	Dick Clevenger	32:49	82	Robert Wiersma	45:14
35	Dave Ruetschilling	32:58	83	Bobby Wiersma	45:15
36	Vince Quinones	33:07	84	Bob Schewpe	45:27
37	Mike Harmeyer	33:17	85	Jeff Kline	45:39
38	Phil Herndon	33:23	86	Gary Spry	46:00
39	Mike Kast	33:29	87	David Wilson	46:54
40	Bruce Fidler	33:33	88	Bill Steiner	46:59
41	Joe Ziegler	34:06	89	John Schwarze	47:07
42	Matt Grieger	34:40	90	Terry Hostetler	48:03
43	Don Goldner	34:41	91	Eugene Haines	48:17.4
44	Roger Wilson	34:51	92	Douglas Haines	48:17.9
45	Mike Novasad	35:04	93	Donnie Morgan	49:52
46	Bob Harter	35:14	94	Jack Paul	54:44
47	Dave Carteaux	35:52	95	R.C. Waltenburg	56:00
48	Tim Harmeyer	36:04	96	David Sarver	58:33

## FOURTH ANNUAL AULD LANG SYNE FIVE MILE (cont.)

1 Betty Hite	33:55	14 Kathy Head	44:23
2 Alma Marie Ojeda(11) *	35:28	15 Cindy Longergan	44:24
3 Cindy Goller(24) *	36:36	16 Ann Linson	44:26
4 Renee Milligan	38:42	17 Adelma Waltenburg	45:25
5 Christina Dahling	39:23	18 Marnie Kiley	45:48
6 Wilma Kyle(44) *	39:31	19 Julia Wilson	46:53
7 Karen Fothergill	41:03	20 Libby Hurst	46:58
8 Helen Weber	41:47	21 Cheri Hostetler	48:03
9 Betty Jackson	41:58	22 Beth Freistroffer	50:40
10 Ingrid Moe	42:59	23 Diane Liverance	52:39
11 Sarah Hurst	43:00	24 Debbie Wiersma	53:20
12 Sue Sorrick	43:40	25 Diana McCullough	54:51
13 Louise Weber	43:45		

## DIET PEPSI - 10,000 Meter - April 5, 1981

The Diet Pepsi 10,000 meter race will be our first major undertaking this spring. This race will be done in cooperation with the Fort Wayne Track Club this year. Entry fee for FWTC members is only \$2.00 if received before the March 25, 1981, deadline. Please don't wait until the last minute. Send in your entry and \$2.00 now. Your cost after March 25, 1981, will be \$6.00. Let's support our sponsors' generosity and register now.

Mail Entries to:

Diet Pepsi 10,000  
P. O. Box 12541  
Fort Wayne, IN 46863

Entry Fee: \$2.00 to Fort Wayne Track Club Members  
before March 25, 1981

\$6.00 after March 25, 1981

**Official Entry Form**


Please enter  
competitor number here  
at time of registration

**Age Categories:**

MEN			WOMEN	
14 & Under	30-34	50-59	19 & Under	
15-19	35-39	60 & Over	20-29	
20-24	40-44		30-39	
25-29	45-49		40 & Over	

NAME \_\_\_\_\_  
Last First Middle

ADDRESS \_\_\_\_\_

City State Zip

AGE \_\_\_\_\_ SEX M F BIRTHDATE \_\_\_\_\_ PHONE (\_\_\_\_) \_\_\_\_\_

TEAM AFFILIATION \_\_\_\_\_

T-SHIRT SIZE XL  L  M  S  CHILD-L

Please read the following statement and sign below before submitting entry.

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs, executors and administrators, waive and release PepsiCo, Inc. . . . . and any and all sponsors and their representatives, successors, and assigns from any and all rights and claims for damages I may have arising out of any injuries and illnesses suffered by me in this event, including those which may be attributable to weather conditions. I attest and verify that I will participate in this event as a footrace entrant, that I am physically fit and have sufficiently trained for the completion of this event and my physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all of the foregoing to use my name and any photographs, videotapes, motion pictures, recordings or any other record of me participating in this event for any publicity and/or promotional purposes without obligation or liability to me. I have read the entry information provided and certify my compliance by my signature below. I also understand entry fees I pay are non-refundable.

SIGNATURE \_\_\_\_\_

PARENT/GUARDIAN \_\_\_\_\_

If applicant is under 18 years of age, form must be co-signed by parent or guardian.



# LETTERS TO THE EDITOR



Dear Don:

I had to drop you a note expressing my disappointment over not being listed as a finisher in the fourth annual 10KM race held at Foster Park on Saturday, December 13, 1980. I did participate and finished 39th with a time of 41:03 (unofficial). I am also sure I turned in the tag we were asked to fill out at the completion of the race.

I feel badly complaining since my own participation in the FWTC is minimal - consisting of only running in selected races. I will therefore "make the time" to write a letter expressing my pleasure with the club and the excellent experience my limited running activity has given me.

Regards,

s/Michael A. Novosad

P.S: I finished the New Year's Eve run in good shape and hurried home to drive my wife to the hospital. I am pleased to announce that my third child (Brittany) was born the afternoon of January 1, 1981.

Dear Mike:

Thanks for letting me know that I erroneously omitted your name; I would also be disappointed over not being listed in the December 13th 10KM run. Yours was not the only one that I omitted; Phil Hess, also in the 30-34 age division, finished in a time of 42:29, 44th place overall.

- Even though you did fill out and turn in the white copy, I could not find your manila tag on the finish board. Most runners hung the manila tag on the finish board but they did not turn in the white copy, while others turned in the white copy but didn't hang the manila tag. This made a very difficult task to complete results, so I consolidated both copies.

A lot of effort is put into each race by directors and volunteers so that you can have an organized run, but if runners do not cooperate this sometimes creates a director's nightmare.. Runners are not necessarily responsible but it would be great if everyone would read and follow all instructions.

Our running programs depend on volunteer help and some clubs request all members, if possible, to assist at one event during the year. If this were a requirement, we would have

more volunteers at each race than runners. Race after race, month after month, each time it seems to be the same persons involved.

Congratulations to your new addition to your family and to our track club.

Sincerely,  
s/Donald J. Lindley

Rick:

Here's a copy of an official result in the Chicago Marathon. Unofficially I was 127th overall finisher. Chicago advertised in Runner's World that results would be mailed out in a month. The middle of December I wrote them I hadn't gotten my results yet. They sent a handtyped certificate and said the complete results would be finished in a couple more weeks. I still have not seen them. So my overall place is still unofficial. Great service, huh!.

Bob McKinley

Attached is a small note for the newsletter.

THANKS, HON

My goal this year was to qualify for Boston. On September 28th, at Chicago, I ran 2:49:11 (Boston, here I come!). This accomplishment was a great thrill but getting there was a hard road. Running became a part-time job as far as the number of hours that I had to put in. If it was not for my wonderful wife holding down the fort while I was gone and giving me the encouragement I needed when I was down, I wouldn't be going to Boston. Lib doesn't run but she actually runs with me in spirit. If it were not for this angel and the Lord's protection from injury, this accomplishment would have been impossible. Thanks again.

Bob McKinley

To the Editor:

Jan. 9th, 1981

The Fort Wayne Central YMCA would like to invite your readers to run on the Y's indoor track on the next cold, gray day.

At the same time, our staff can provide your readers with a fitness evaluation test including blood pressure, flexibility, percentage of body fat and a one-minute step test to determine the heart's response to exercise.

Call Patty or Lyn at 422-6486 for an appointment for the above tests and for a day's free pass to Try the Y!

Sincerely,  
Lyn Schlegel,  
Physical Director

Metropolitan Young Men's Christian Association  
of Greater Fort Wayne and Allen County  
Washington at Barr, Fort Wayne, Indiana 46802  
(219) 422-6486



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## THE ATHLETE'S FOOT

We decided to chance that deadly bus ride back to the hotel. We could have run much quicker than the ride but we were tired. I was so glad to see the Hyatt. We received many strange stares as we walked through the lobby in our sweaty clothes, but we really didn't care at the time. Our minds were filled with the sights and sounds of Los Angeles and our beach run.

we were rejuvenated by the breeze, seagulls, and people on the beach so we ran 1/2 mile in the sand. As I watched the seagulls, Tony watched the girls running on the beach in their tiny, tiny bathing suits. Boy, I thought my bathing suit was pretty skimpy!

As we continued running along, I was getting hotter and hotter. I was beginning to think we would never get to the beach. At this time the run was broken up a little bit by roller skaters who were going the same way as we were. We passed each other on and off for quite awhile. We jogged along for a while longer and I was thrilled when I looked up and saw we just about there. We stopped when we got to the beach and checked out time. We found out it was 6-1/2 miles instead of the four we had been told. Normally 6-1/2 miles would not be very hard but in the heat it was a slight challenge.

Words for Women (Continued from Page 5)

Zurzolo Interview (Continued from Page 16)

Rick: What would you say is your motivation behind your running? Is it health or competition, or what is it?

Mike: I run because it helps me relax and I like to eat. If I lost ten pounds I could run a lot stronger.

Rick: I can identify with liking to eat.

Mike: I don't watch what I eat at all. I'm just a junk food eater.

Rick: What would you say is your biggest accomplishment as far as running goes?

Mike: My first Three Rivers Marathon a couple of years ago I finished. That was my No. 1 goal. The Columbus marathon surprised me because I only trained about 40 miles a week and it was mostly speed miles. It wasn't such a different type of run. You just got to sit back and jog it. A strong jog is actually what it is. You just got to let your mind and body work together and fight the pain. It's such a different type of run than the 10 kilometer. You get to 22 or 23 miles and it's never easy. Another thing, I had to quit at Three Rivers so I owed myself one. I went out too fast. I was trying to run 3:10 at Three Rivers.

Rick: That was this past summer?

Mike: Yea, that was stupid. You can't eat enough the day before a marathon, I think.

Rick: I think you're right.

Mike: I was starving at Columbus, with two miles to go. I could have stopped and eaten some hamburgers. I smelled them coming in.

Rick: You know, I think you're right there because I know I've done that the last two marathons myself. The night before the marathon I've eaten an unbelievable amount of food.

Mike: Then when you get in it you just deplete it all, don't you?

Rick: Yea right, marathon morning you're fine. I think it really helps you in those late stages to have eaten a little more than you're generally used to.

## BFGoodrich Tires



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Fort Wayne, IN  
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Mike: Some people say they don't eat much but, I don't know, I still don't think you can eat enough.

Rick: What other interests do you have outside of running?

Mike: Oh, let me think. I like all sports. I watch all sports on TV like everyone else. I like every professional sport, track, highschool, I like them all. As far as any personal hobbies, I really don't have any. I'm too busy collecting rents and remodeling apartments, and when I do run, I run a lot. You know you can spend some time running.

Rick: That's right. How important is your running to your life right now? Is it of primary importance or is it something you could do without if you had to?

Mike: The more I run the more I think I could not do without it. It's a necessity. I keep getting a little bit faster and a little bit better and I guess that is the goal. You can't get discouraged if someone beats you. You just got to go out and have fun. When you're in a race, forget about everybody else and run your own strong pace and do your best and don't get discouraged.

Rick: You said you've been racing a year and a half.

Mike: Actually this is my second year. This is my first race this year. I'm going to try to run as many as I can. If I don't feel good, I'll still get out and run it for fun.

Rick: Before you started racing you said you just ran for the enjoyment of it for a couple of years. How long ago was that?

Mike: I started jogging about eight years ago. Only about 20 or 22 miles a week which I thought was a lot. Wendell Adams got me started on this long distance stuff. He started running 60-70 miles a week and I don't normally run at all like that but, gee whiz, if you got the time and do, you can get good at it.

Rick: Did you ever run in high school?

Mike: The 100 yard dash. That's about all I'm built for.

Rick: What did you do that in?

Mike: I was 10.6.

Rick: That's pretty quick. I'll try to remember not to be close to you in the last 100 yards. One more question: Do you have any specific goals for this year or the future as far as running goes?

Mike: Yea. I'd like to break 3:10, maybe 3:05, in a marathon. And I'd like to be in the low 37's for 10KM. Just slowly gradually improve. When I start not improving, that's when I'll back off because I always want to enjoy it. I'll take each run just for fun. I've got to take off five or ten pounds.

Rick: Thank you very much, Mike.

The North American race promises to be a very well organized and enjoyable event. The race directors are working very hard to make this race appealing to the members of the Fort Wayne Track Club. The cost for members is only \$1.00 if you pre-register before the April 10, 1981, cutoff. If you wait until after April 10, you will be charged \$6.00 with no exceptions. Our race sponsors are being very generous to us, so let's help them and get registered right now for their race. Please take time right now and send in your registration with your check for \$1.00.

Several FWC runners  
enjoy each others  
companionship during  
a recent race.



### Hoosier Road Runners Club

Below you will find an application for membership in the Hoosier Road Runners Club. There are numerous benefits to membership including their monthly magazine "The Hoosier Runner", Jim Kirkwood has made a request that all running publications in the state publish their membership application. In the spirit of club cooperation and in the interest of running in the state of Indiana, we gladly honor their request.

### Hoosier Road Runners Indiana Striders



56 Student or over 60 yrs. of age \_\_\_\_\_  
 Name of School \_\_\_\_\_  
 Sex \_\_\_\_\_  
 Date \_\_\_\_\_  
 \$8 ADULT \_\_\_\_\_  
 \$12 FAMILY (List members on a separate sheet of paper) \_\_\_\_\_  
 \$20 or more HOOSIER HERO (List Amount) \_\_\_\_\_  
 RENEWAL \_\_\_\_\_  
 MAKE CHECK PAYABLE TO: "HRRRC" \_\_\_\_\_  
 NAME \_\_\_\_\_  
 MAIL TO: \_\_\_\_\_  
 Street or P.O. Box \_\_\_\_\_  
 Doug Osborn  
 503 East Main  
 Hartford City, IN 47348 \_\_\_\_\_  
 City, State, (Must include ZIP code) \_\_\_\_\_



**YOU ARE CORDIALLY INVITED TO ATTEND THE  
THIRD ANNUAL FORT WAYNE  
TRACK CLUB AWARDS BANQUET**

**FRIDAY, FEBRUARY 13, 1981**

**7:00 P.M.**

**PELZ RECREATION HALL  
3333 FREEMAN ROAD  
FORT WAYNE, IN**

Please bring one covered main dish or side dish (vegetable or bread) and one salad or dessert ( and your own table service).

Donation: \$1.00 to defray cost of beer, soft drinks, hall rental and speaker.

Dress: Informal

RSVP enclosed



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## RACE CALENDAR

FUN RUNS EVERY WEDNESDAY AT 6:00 p.m., and SATURDAY AT 10:00 a.m. - Foster Park

### FEBRUARY

- 1 GROUNDHOG 10KM, Carmel In - 1:00 p.m., C: Athletic Annex, 5781 Park Plaza, Indianapolis In. 46220 Carmel Clay J.H.
- 1 "TRRC" Championships 25KM race, Toledo O. - Oak Openings (Mallard Lake), Dennis Scott (476-6181) 1:00 p.m.
- 15 FWTC 10KM, Ft. Wayne In - Foster Park - 2:00 p.m. Dave Glover (432-4910)
- 15 SAM COSTA HALF-MARATHON, Carmel In - Carmel Clay J.H. C: Athletic Annex, 5781 Park Plaza, Indianapolis In. 46220
- 22 VALPO 8 MILE, Valparaiso In - C: Jere Kunkle, 1808 Chicago St. Apt. 87, Valparaiso In. 46383 (462-5313) 10:00 CST
- 22 ICICLE RUN 15KM/5KM predictions, Toledo O (Pearson Park) - 10:00 a.m., Dick Corado (693-0363)

- 28 GEORGE ROGERS CLARK TRACE RUN, 10 & 2 mile runs -  
Vincennes In - 11:00 a.m., C: Old Northwest Running  
Club, Box 869, Vincennes In. 47591
- 28 SIXTH ANNUAL MAPLE CITY RUN, 5 & 10 mile runs -  
Goshen In - 2:00 p.m., Rick Clark (533-4786)

MARCH

- 1 14th ANNUAL CHURCHILL HALF-MARATHON, Perrysburg 0  
(Ft. Meigs), 2:00 p.m., Rich Lachowski (385-4599)
- 8 GET IT IN GLASS 20KM/2.75 mile prediction, Toledo 0  
(Secor Park) - 11:30 a.m., Mike Cameron (531-3639)
- 15 FWTC 20KM, Ft. Wayne In - Homestead H.S., 1:00 p.m.  
Mike Kast (743-5140)

APRIL

- 5 DIET PEPSI 10KM, Ft Wayne In - Homestead HS  
(see article)
- 5 NINTH ANNUAL HEARTWATCHERS MARATHON, 3 & 6 person  
relay teams - Univ. of Toledo Health Bldg., (537-4361)
- 5 WINDY MARATHON, Carmel In - Carmel Clay JH, for info  
C: Athletic Annex, 5781 Park Plaza, Indianapolis In.  
46220
- 11 CAYLOR-NICKEL 10KM, Bluffton In - 4:00 p.m. C: Phil  
Lockwood (824-2410)
- 25 NORTH AMERICAN VAN LINES 15KM, Ft Wayne In -  
(see article)

Information in the race calender reflects the latest  
information recieved by THE INSIDE TRACK. Double check  
with race directors or other sources before traveling.

Send race announcements or changes to Tom Loucks, Route 1  
Ossian In, 46777 (622-7108)



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